



QUARTERLY TRAININGS

FEB-MAR | 2019

WEBINARS | SWEDEN | NORWAY | DENMARK | FINLAND | ESTONIA | CZECH | SLOVAKIA | POLAND | ROMANIA

| **BODYPUMP® - 60 MIN OR 45 MIN**

This round you can choose which BODYPUMP® format you would like to attend. Look for the "BODYPUMP® 45 min" to attend the specific express format. The education content will be unique for each format.

| **BE LOUD - DENMARK**

In Denmark you have the possibility to attend your Quarterly trainings at the yearly BE LOUD event in Aarhus on 2:nd of March. You book the Quarterly trainings as usual in the [Instructor Portal](#)>> If you want to attend additional classes you will need a separate ticket for the BE LOUD event itself which you can purchase [here](#) >>

| **NEW FORMAT - LES MILLS GRIT® & BODYSTEP®**

We have made some changes to [LES MILLS GRIT](#) >> and [BODYSTEP](#) >> that will be presented at the Quarterly trainings this round. For more information click on the program name to go to the FAQ pages.

| **LES MILLS GRIT® - MASTERCLASS**

Q1 2019 will focus on the new ATHLETIC format.

QUARTERLY TRAINING & AUTOSHIP OVERVIEW

Quarterly weeks 2019

[Q1 - WEEK 08-10](#)

Q2 - WEEK 20-22

Q3 - WEEK 37-38

Q4 - WEEK 47-49

Release kit/s will be available in the Instructor Portal & Releases APP on the following date:

[20.FEB](#)

30.MAY

10.SEP

19.NOV

HOW TO BOOK A QUARTERLY TRAINING

1. Log in to the [Instructor Portal >>](#) Go to "Events"
2. Choose "Quarterly Workshop" & Select "Program Type"
3. Find your event (sort by date or distance)
4. Choose the one you like to attend - "Book"
5. Tick the box under "Book"
6. You do not use any "Discount Code" - Click "Continue"
7. Fill out "Billing Information" meaning your home address
8. Continue to Payment Information and Order Review
9. Place order - check your email for a Confirmation

You can find the fully detailed [Step by Step Guide here >>](#)

QUARTERLY TRAINING TIPS

If you are attending a BODYBALANCE®/BODYFLOW training we would recommend you to bring your own mat .

WEBINARS | THE TIMEZONE FOR ALL WEBINARS IS CENTRAL EUROPEAN TIME - CET

[BACK TO MENU](#)

Location	Date	Time	Program	Language	Trainer	Note
	03-mar	19:00-19:45	BODYBALANCE®	Swedish	Kristin Andersson	
	03-mar	20:00-20:45	CXWORX®	English	Elin Hellström	
	03-mar	21:00-21:45	CXWORX®	Finnish	Eerika Bui	
	05-mar	19:00-19:45	BODYATTACK®	English	Mathilda Björck	
	05-mar	20:00-20:45	BODYPUMP®	Swedish	Michael Steenhouwer	
	06-mar	19:00-19:45	BODYPUMP®	English	Michael Steenhouwer	
	06-mar	20:00-20:45	BODYJAM®	English	Janni Lindgren	
	06-mar	21:00-21:45	BODYSTEP®	Swedish	Susanna Varsanpää	
	07-mar	19:00-19:45	LES MILLS GRIT®	Swedish	Elin Hellström	
	07-mar	20:00-20:45	BODYCOMBAT®	English	Hanna Lundh	
	10-mar	21:00-21:45	LES MILLS BARRE™	English	Janni Lindgren	
	10-mar	20:00-20:45	LES MILLS GRIT®	English	Elin Hellström	
	10-mar	21:00-21:45	BODYPUMP®	Swedish	Susanna Varsanpää	
	11-mar	19:00-19:45	LES MILLS SPRINT™	English	Eerika Bui	
	11-mar	20:00-20:45	RPM®	English	Eerika Bui	
	11-mar	21:00-21:45	BODYPUMP®	English	Michael Steenhouwer	
	13-mar	19:00-19:45	BODYBALANCE®	English	Tor Andersen	
	13-mar	20:00-20:45	BODYSTEP®	English	Tor Andersen	
	13-mar	21:00-21:45	BODYPUMP®	Finnish	Susanna Varsanpää	
	14-mar	19:00-19:45	SH'BAM®	English	Janni Lindgren	
	14-mar	21:00-21:45	LES MILLS TONE™	English	Kristin Andersson	

SWEDEN | 1:5

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City	Date	Time	Program	Location	Trainer	Note
STOCKHOLM	23-feb	09:00 - 10:15	CXWORX®	KTH-hallen	Lydia Johansson	
	23-feb	10:45 - 12:30	BODYATTACK®	KTH-hallen	Lydia Johansson	
	23-feb	12:45 - 14:30	BODYSTEP®	KTH-hallen	Theresa Eliasson	
	23-feb	15:00 - 16:45	BODYBALANCE®	KTH-hallen	Theresa Eliasson	
	23-feb	09:45 - 11:30	BODYPUMP®	Nordic Wellness Östermalm	Olivia Lundkvist	
	23-feb	12:00 - 13:30	RPM®	Nordic Wellness Östermalm	Olivia Lundkvist	
	23-feb	13:45 - 15:00	LES MILLS SPRINT™	Nordic Wellness Östermalm	Martin Krook	
	23-feb	15:15 - 16:30	LES MILLS GRIT®	Nordic Wellness Östermalm	Elin Hellström	
	24-feb	09:00 - 10:15	CXWORX®	Nordic Wellness Lindhagen	Elin Hellström	
	24-feb	10:45 - 12:00	LES MILLS GRIT®	Nordic Wellness Lindhagen	Elin Hellström	
	24-feb	12:15 - 14:00	LES MILLS TONE™	Nordic Wellness Lindhagen	Kristin Andersson	
	24-feb	14:30 - 16:15	BODYBALANCE®	Nordic Wellness Lindhagen	Kristin Andersson	
	24-feb	09:00 - 10:30	RPM®	Nordic Wellness Östermalm	Olivia Lundkvist	
	24-feb	10:45 - 12:00	LES MILLS SPRINT™	Nordic Wellness Östermalm	Martin Krook	
	24-feb	12:30 - 14:15	BODYPUMP®	Nordic Wellness Östermalm	Martin Krook	
	24-feb	14:30 - 16:15	BODYCOMBAT®	Nordic Wellness Östermalm	Marco Mazza Klemi	
	06-mar	06:45 - 08:30	BODYPUMP®	SATS Hötorget	Emmy Örn	
	09-mar	10:00 - 11:45	BODYJAM®	KTH-hallen	Dorotka Baburin	
	09-mar	12:15 - 13:30	LES MILLS BARRE™	KTH-hallen	Dorotka Baburin & Charlotte Carlén	
	09-mar	14:00 - 15:30	SH'BAM®	KTH-hallen	Charlotte Carlén	
	09-mar	13:30 - 15:00	BODYPUMP® 45 min	Nordic Wellness Östermalm	Hanna Lennartsson	45 min Express Format
	09-mar	15:30 - 16:45	CXWORX®	Nordic Wellness Östermalm	Hanna Lennartsson	

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[BACK TO MENU](#)

City	Date	Time	Program	Location	Trainer	Note
STOCKHOLM	09-mar	13:00 - 14:45	BODYPUMP®	SATS Stureplan	Karin Björneloo	
	09-mar	15:00 - 16:15	LES MILLS GRIT®	SATS Stureplan	Karin Björneloo	
	09-mar	16:15 - 18:00	BODYBALANCE®	SATS Stureplan	Hanna Lundh	
	10-mar	09:00-10:45	BODYPUMP®	Nordic Wellnsess Östermanlm	Hanna Lennartsson	
	10-mar	11:15-12:30	CXWORX®	Nordic Wellnsess Östermanlm	Hanna Lennartsson	
	10-mar	09:00 - 10:15	LES MILLS SPRINT™	Nordic Wellness Lindhagen	Adam Gripenblom	
	10-mar	10:45 - 12:15	RPM®	Nordic Wellness Lindhagen	Adam Gripenblom	
	10-mar	12:30 - 14:15	BODYATTACK®	Nordic Wellness Lindhagen	Mathilda Björck	
	10-mar	14:45 - 16:00	LES MILLS GRIT®	Nordic Wellness Lindhagen	Mathilda Björck	
	10-mar	13:15 - 15:00	BODYCOMBAT®	SATS Stureplan	Hanna Lundh	
	10-mar	15:15 - 17:00	BODYBALANCE®	SATS Stureplan	Hanna Lundh	
UPPSALA	08-mar	18:00 - 19:45	BODYPUMP®	Actic Kraftkällan	Emmy Örn	
UMEÅ	24-feb	10:00 - 11:45	BODYBALANCE®	IKSU Sport	Lina Blomberg	Open Masterclass
	24-feb	12:00 - 13:45	BODYPUMP®	IKSU Sport	Michael Steenhouwer	Open Masterclass
	24-feb	14:15 - 15:30	LES MILLS GRIT®	IKSU Sport	Michael Steenhouwer	Open Masterclass
FALUN	10-mar	10:00 - 11:45	BODYPUMP®	Actic Falun Centrum	Michael Steenhouwer	
	10-mar	12:00 - 13:45	BODYCOMBAT®	Actic Falun Centrum	Marco Mazza Klemi	
	10-mar	14:00 - 15:15	LES MILLS GRIT®	Actic Falun Centrum	Michael Steenhouwer	
	10-mar	15:30 - 16:45	CXWORX®	Actic Falun Centrum	Michael Steenhouwer	
VÄSTERÅS	09-mar	11:00 - 12:45	BODYPUMP®	Member 24 Kopparlunden	Michael Steenhouwer	
	09-mar	13:15 - 14:30	CXWORX®	Member 24 Kopparlunden	Michael Steenhouwer	
JÖNKÖPING	02-mar	10:00 - 11:45	BODYPUMP®	Nordic Wellness Jönköping Campus Emelie Orosz		
	02-mar	12:15 - 13:30	LES MILLS GRIT®	Nordic Wellness Jönköping Campus Emelie Orosz		

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[BACK TO MENU](#)

City	Date	Time	Program	Location	Trainer	Note
GÖTEBORG	26-feb	06:45 - 08:30	BODYPUMP®	Nordic Wellness Exclusive	Sandra Börjesson	
	02-mar	09:00 - 10:15	LES MILLS SPRINT™	Nordic Wellness Backaplan	Jimmy Liew	
	02-mar	10:45 - 12:15	RPM®	Nordic Wellness Backaplan	Jimmy Liew	
	02-mar	12:45 - 14:00	LES MILLS GRIT®	Nordic Wellness Backaplan	Karin Björneloo	
	02-mar	14:30 - 15:45	CXWORX®	Nordic Wellness Backaplan	Karin Björneloo	
	02-mar	10:15 - 12:00	BODYBALANCE®	Nordic Wellness Stigs Center	Theresa Eliasson	
	02-mar	12:15 - 13:45	BODYPUMP® 45 min	Nordic Wellness Stigs Center	Sandra Börjesson	45 min Express Format
	02-mar	14:15 - 16:00	BODYCOMBAT®	Nordic Wellness Stigs Center	Hanna Lundh	
	02-mar	09:15 - 11:00	BODYJAM®	STC Backa Entré	Hanna Lundh	
	02-mar	11:15 - 12:45	SH'BAM®	STC Backa Entré	Niklas Bohlin	
	02-mar	13:00 - 14:15	LES MILLS BARRE™	STC Backa Entré	Niklas Bohlin & Mariah Gustavsson	
	02-mar	14:30 - 16:15	LES MILLS TONE™	STC Backa Entré	Mariah Gustavsson	
	03-mar	12:45 - 14:00	LES MILLS SPRINT™	Nordic Wellness Backaplan	Jimmy Liew	
	03-mar	14:15 - 15:45	RPM®	Nordic Wellness Backaplan	Jim Berg	
	03-mar	16:00 - 17:45	BODYBALANCE®	Nordic Wellness Backaplan	Jim Berg	
	03-mar	11:00 - 12:45	BODYATTACK®	STC Backa Entré	Julia Pohjanen	
	03-mar	13:15 - 14:30	CXWORX®	STC Backa Entré	Julia Pohjanen	
	03-mar	14:45 - 16:00	LES MILLS GRIT®	STC Backa Entré	Karin Björneloo	
	03-mar	16:30 - 18:15	BODYPUMP®	STC Backa Entré	Karin Björneloo	
	09-mar	09:15 - 11:00	BODYPUMP®	STC Backa Entré	Pernilla Andersson	
	09-mar	11:30 - 13:15	BODYSTEP®	STC Backa Entré	Pernilla Andersson	
	09-mar	13:45 - 15:30	BODYATTACK®	STC Backa Entré	Lydia Johansson	
	09-mar	16:00 - 17:15	CXWORX®	STC Backa Entré	Lydia Johansson	

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[BACK TO MENU](#)

City	Date	Time	Program	Location	Trainer	Note
GÖTEBORG	10-mar	13:15 - 14:45	RPM®	Nordic Wellness Backaplan	Jim Berg	
	10-mar	15:00 - 16:15	LES MILLS SPRINT™	Nordic Wellness Backaplan	Ida Sarström	
	10-mar	15:00 - 16:45	BODYBALANCE®	Nordic Wellness Backaplan	Jim Berg	
	10-mar	17:00 - 18:15	LES MILLS GRIT®	Nordic Wellness Backaplan	Ida Sarström	
	10-mar	11:15 - 13:00	BODYPUMP®	Nordic Wellness Stigs Center	Sandra Börjesson	
	10-mar	13:15 - 15:00	BODYCOMBAT®	Nordic Wellness Stigs Center	Cristine Skogastierna	
	10-mar	15:30 - 16:45	CXWORX®	Nordic Wellness Stigs Center	Cristine Skogastierna	
	HALMSTAD	03-mar	11:15 - 13:00	BODYPUMP®	Nordic Wellness Halmstad Flygstad	Cristine Skogastierna
03-mar		13:15 - 15:00	BODYBALANCE®	Nordic Wellness Halmstad Flygstad	Hanna Lundh	

LUND	GERDAHALLEN - WORKOUT LUND					
	09-mar	09:15 - 10:15	BODYPUMP®	Gerdahallen - Workout Lund	Martin Krook & Cristine Skogastierna	
	09-mar	10:30 - 11:00	LES MILLS SPRINT™	Gerdahallen - Workout Lund	Martin Krook	
	09-mar	11:45 - 12:45	BODYCOMBAT®	Gerdahallen - Workout Lund	Cristine Skogastierna	
	09-mar	13:00 - 13:30	CXWORX®	Gerdahallen - Workout Lund	Cristine Skogastierna & Martin Krook	
	09-mar	13:45 - 14:30	EDUCATION SESSION	Gerdahallen - Workout Lund	Cristine Skogastierna & Martin Krook	

IMPORTANT INFORMATION - You need to book your Quarterly Training in the [Instructor Portal >>](#) and a spot at the Workout Lund event.

HOW TO BOOK A SPOT AT WORKOUT LUND - Got to www.gerdahallen.lu.se/workoutlund - Use the code 'KVARTAL' to book the Les Mills classes for free.

Note that there is a Generic Education Session 13:45 -14:30 for all programs. All booked instructors will receive more info closer to the event.

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City	Date	Time	Program	Location	Trainer	Note
MALMÖ	02-mar	10:15 - 11:30	LES MILLS SPRINT™	Nordic Wellness Emporia	Adam Gripenblom	
	02-mar	12:00 - 13:30	RPM®	Nordic Wellness Emporia	Adam Gripenblom	
	02-mar	13:30 - 14:45	LES MILLS GRIT®	Nordic Wellness Emporia	Mathilda Björck	
	02-mar	15:00 - 16:45	BODYPUMP®	Nordic Wellness Emporia	Mathilda Björck	
	02-mar	13:00 - 14:15	CXWORX®	Kockum Fritid	Anna-Karin Wikström	
	02-mar	14:30 - 16:15	BODYBALANCE®	Kockum Fritid	Anna-Karin Wikström	
	03-mar	12:30 - 14:00	BODYPUMP® 45 min	SATS Entré	Mathilda Björck	45 min Express Format
	03-mar	14:30 - 15:45	LES MILLS GRIT®	SATS Entré	Mathilda Björck	
	03-mar	12:15 - 13:45	RPM®	Nordic Wellness Emporia	Ditte Sommer Weinreich	
	03-mar	14:00 - 15:45	BODYCOMBAT®	Nordic Wellness Emporia	Daniel Isaksson	
	03-mar	16:00 - 17:45	BODYBALANCE®	Nordic Wellness Emporia	Kenneth Mose	
	03-mar	09:15 - 11:00	BODYJAM®	Kockum fritid	Kimmo Jukkuri	
	03-mar	11:15 - 12:45	SH'BAM®	Kockum fritid	Kimmo Jukkuri & Niklas Bohlin	
	03-mar	13:00 - 14:15	LES MILLS BARRE™	Kockum fritid	Niklas Bohlin & Mariah Gustavsson	
	03-mar	14:30 - 16:15	LES MILLS TONE™	Kockum fritid	Mariah Gustavsson	
	10-mar	14:00 - 15:15	LES MILLS GRIT®	Nordic Wellness Emporia	Emelie Orosz	
	10-mar	15:30 - 17:15	BODYBALANCE®	Nordic Wellness Emporia	Kenneth Mose	
	10-mar	09:15 - 11:00	BODYSTEP®	Kockum fritid	Pernilla Andersson	
	10-mar	11:15 - 12:30	CXWORX®	Kockum fritid	Julia Pohjanen	
	10-mar	12:45 - 14:30	BODYPUMP®	Kockum fritid	Pernilla Andersson	
10-mar	14:45 - 16:30	BODYATTACK®	Kockum fritid	Julia Pohjanen		

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City	Date	Time	Program	Location	Trainer	Note
OSLO	02-mar	11:00-12:15	LES MILLS SPRINT™	SATS Sagene	Ida Sarström	
	02-mar	12:45-14:15	BODYPUMP®	SATS Sagene	Ida Sarström	
	03-mar	11:45-13:30	BODYBALANCE®	SATS Kampen	Ragnhild Lien	
	03-mar	13:45-15:30	LES MILLS TONE™	SATS Kampen	Ragnhild Lien	
	03-mar	15:45-17:00	CXWORX®	SATS Kampen	Ragnhild Lien	
	09-mar	09:15-11:00	BODYJAM®	SATS Kampen	Lise-Lotte Herlung	
	09-mar	11:15-13:00	BODYBALANCE®	SATS Kampen	Theresa Eliasson	
	09-mar	13:15-16:00	BODYSTEP®	SATS Kampen	Theresa Eliasson	
	09-mar	16:15-18:00	BODYATTACK®	SATS Kampen	Marthe Fyndal Havnås	
	10-mar	13:30-15:15	BODYPUMP® - 45 min	SATS Storo	Jorge Scott Neyra	45 min Express Format
10-mar	15:30-17:15	BODYCOMBAT®	SATS Storo	Jorge Scott Neyra		
KRAGERØ	02-mar	13:00-14:45	BODYPUMP®	Family Fitness Kragerø	Maria Carmen Øyhovden	
	02-mar	15:00-16:45	BODYBALANCE®	Family Fitness Kragerø	Ragnhild Lien	
BERGEN	10-mar	12:30-14:15	BODYPUMP®	Sissels Trening og Trivsel	Marthe Fyndal Havnås	
	10-mar	14:30-15:45	CXWORX®	Sissels Trening og Trivsel	Marthe Fyndal Havnås	
STAVANGER	03-mar	09:30-11:15	BODYATTACK®	SIS Sportssenter	Sander Johansen	
	03-mar	14:00-15:45	BODYPUMP®	SIS Sportssenter	Maria Carmen Øyhovden	
	03-mar	16:00-17:45	LES MILLS TONE™	SIS Sportssenter	Maria Carmen Øyhovden	
TRONDHEIM	09-mar	09:00-10:45	BODYPUMP®	Fresh Fitness Lade Arena	Maria Carmen Øyhovden	
	09-mar	12:45-14:30	BODYATTACK®	Fresh Fitness Lade Arena	Sander Johansen	
	09-mar	14:45-16:00	CXWORX®	Fresh Fitness Lade Arena	Sander Johansen	
	09-mar	16:15-18:00	BODYBALANCE®	Fresh Fitness Lade Arena	Ragnhild Lien	

DENMARK I

[BACK TO MENU](#)

City	Date	Time	Program	Location	Trainer	Note
AARHUS	BE LOUD - CONVENTION					
	02-mar	08:00-09:00	BODYPUMP®	Hermans Tivoli Friheden	Mikkel Hjort	
	02-mar	09:05-09:50	BODYPUMP® 45 min	Hermans Tivoli Friheden	Jorge Scott Neyra	45 min Express Format
	02-mar	10:00-11:00	BODYSTEP®	Hermans Tivoli Friheden	Ditte Sommer Weinreich & Tor Andersen	
	02-mar	11:00-11:45	Education session	Hermans Tivoli Friheden	Kristin Andersson	
	02-mar	11:10-11:40	GRIT®	Hermans Tivoli Friheden	Jorge Scott Neyra & Paya Johansen	
	02-mar	11:50-12:20	CXWORX®	Hermans Tivoli Friheden	Andy Valencia	
	02-mar	12:25-13:25	BODYFLOW®	Hermans Tivoli Friheden	Kristin Andersson & Paya Johansen	
	02-mar	13:30-14:00	LES MILLS BARRE™	Hermans Tivoli Friheden	Dorotka Barurin	
	02-mar	14:05-14:50	LES MILLS TONE™	Hermans Tivoli Friheden	Kristin Andersson & Tor Andersen	
	02-mar	14:05-14:50	Education session	Hermans Tivoli Friheden	Dorotka Barurin	
	02-mar	14:55-15:40	SH'BAM®	Hermans Tivoli Friheden	Dorotka Barurin	
	02-mar	15:45-16:45	BODYATTACK®	Hermans Tivoli Friheden	Ditte Sommer Weinreich	
	02-mar	16:50-17:50	BODYJAM®	Hermans Tivoli Friheden	Dorotka Barurin	
	02-mar	17:00-17:45	EDUCATION SESSION	Hermans Tivoli Friheden	Kristin Andersson	
	02-mar	17:55-18:55	BODYCOMBAT®	Hermans Tivoli Friheden	Mikkel Hjort & Andy Valencia	
	02-mar	19:00-20:00	BODYFLOW®	Hermans Tivoli Friheden	Kristin Andersson & Tor Andersen	
	IMPORTANT INFORMATION - You book the Quarterly trainings as usual in the Instructor Portal >> If you wish to attend classes other then your Quarterly trainings you will need a separate ticket for the BE LOUD event itself which you can purchase here >>					
COPENHAGEN	09-mar	10:00-11:45	SH'BAM®	SATS KBH Adelgade	Naja Lindberg	
	09-mar	12:00-13:45	BODYATTACK®	SATS KBH Adelgade	Daniel Isaksson	
	09-mar	14:00-15:45	BODYPUMP® 45 min	SATS KBH Adelgade	Mikkel Hjort	45 min Express Format
	10-mar	12:00-13:15	CXWORX®	SATS KBH Blox	Andy Valencia	
	10-mar	13:30-15:15	BODYCOMBAT®	SATS KBH Blox	Andy Valencia	
	10-mar	15:30-17:15	BODYFLOW®	SATS KBH Blox	Tor Andersen	
	10-mar	17:30-19:15	BODYPUMP®	SATS KBH Blox	Mikkel Hjort	

FINLAND | 1:2

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City	Date	Time	Program	Location	Trainer	Note
ESPOO	09-mar	08:00 - 09:15	LES MILLS GRIT®	Esport Aalto	Jarno Tynkkynen	
	09-mar	09:30 - 10:45	LES MILLS SPRINT™	Esport Aalto	Jarno Tynkkynen	
	09-mar	12:30 - 13:55	THE TRIP™	Esport Aalto	Adam Gripenblom	
	09-mar	13:15 - 14:30	LES MILLS BARRE™	Esport Aalto	Janni Lindgren	
	09-mar	14:15 - 15:45	RPM®	Esport Aalto	Adam Gripenblom	
	09-mar	14:45 - 16:30	BODYJAM®	Esport Aalto	Janni Lindgren	
	09-mar	16:45 - 18:15	SH'BAM®	Esport Aalto	Tia Tynkkynen	
HELSINKI	01-mar	17:00 - 18:45	BODYPUMP®	Fitness24seven Käpylä	Niko Viskari	
	03-mar	09:00 - 10:45	BODYATTACK®	Forever Herttoniemi	Niko Viskari	
	03-mar	11:00 - 12:45	BODYBALANCE®	Forever Herttoniemi	Niko Viskari	
	03-mar	13:00 - 14:15	CXWORX®	Forever Herttoniemi	Arja Vanhanen	
	03-mar	14:20 - 15:50	LES MILLS TONE™	Forever Herttoniemi	Arja Vanhanen	
	03-mar	14:30 - 16:15	BODYCOMBAT®	Forever Herttoniemi	Guilherme Reis	
	03-mar	16:30 - 18:00	BODYPUMP® 45 min	Forever Herttoniemi	Susanna Varsanpää	45 min Express Format
	03-mar	18:15 - 20:00	BODYSTEP®	Forever Herttoniemi	Susanna Varsanpää	
08-mar	17:00 - 18:45	BODYBALANCE®	Fitness24seven Käpylä	Susanna Varsanpää		
TURKU	09-mar	09:00 - 10:45	BODYPUMP®	Fitness24seven Turku Kävelykatu	Mika Kankainen	
	09-mar	11:00 - 12:15	LES MILLS GRIT®	Fitness24seven Turku Kävelykatu	Mika Kankainen	
	09-mar	12:30 - 14:15	BODYATTACK®	Fitness24seven Turku Kävelykatu	Kira Tiivola	
	09-mar	14:30 - 16:15	BODYCOMBAT®	Fitness24seven Turku Kävelykatu	Guilherme Reis	
	09-mar	16:30 - 18:15	BODYSTEP®	Fitness24seven Turku Kävelykatu	Susanna Varsanpää	
	09-mar	18:30 - 20:15	BODYBALANCE®	Fitness24seven Turku Kävelykatu	Susanna Varsanpää	
TAMPERE	02-mar	09:15 - 11:00	BODYBALANCE®	GOGO City	Arja Vanhanen	
	02-mar	11:15 - 12:45	LES MILLS TONE™	GOGO City	Arja Vanhanen	
	02-mar	13:00 - 14:45	BODYATTACK®	GOGO City	Kira Tiivola	

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City	Date	Time	Program	Location	Trainer	Note
TAMPERE	02-mar	15:00 - 16:15	LES MILLS SPRINT™	GOGO City	Kira Tiivola	
	03-mar	10:00 - 11:45	BODYSTEP®	GOGO City	Jarno Tynkkynen	
	03-mar	12:00 - 13:15	LES MILLS GRIT®	GOGO City	Jarno Tynkkynen	
	03-mar	13:30 - 15:15	BODYPUMP®	GOGO City	Mika Kankainen	
	03-mar	15:30 - 17:15	BODYCOMBAT®	GOGO City	Mika Kankainen	
OULU	10-mar	08:30 - 10:15	BODYCOMBAT®	Liikuntakeskus Hukka	Mika Kankainen	
	10-mar	10:30 - 11:45	LES MILLS GRIT®	Liikuntakeskus Hukka	Mika Kankainen	
	10-mar	12:00 - 13:30	LES MILLS TONE®	Liikuntakeskus Hukka	Arja Vanhanen	
	10-mar	13:45 - 15:00	CXWORX®	Liikuntakeskus Hukka	Arja Vanhanen	
	10-mar	15:15 - 17:00	BODYBALANCE®	Liikuntakeskus Hukka	Niko Viskari	
	10-mar	17:15 - 19:00	BODYPUMP®	Liikuntakeskus Hukka	Niko Viskari	
VAASA	09-mar	10:00 - 11:45	BODYCOMBAT®	Wasa Sports club	Pia Niemi	
	09-mar	12:00 - 13:45	BODYPUMP®	Wasa Sports club	Pia Niemi	
	09-mar	14:00 - 15:15	LES MILLS SPRINT™	Wasa Sports club	Pia Niemi	
JYVÄSKYLÄ	10-mar	08:45 - 10:30	BODYCOMBAT®	Kuntomaailma Torikeskus	Pia Niemi	
	10-mar	10:45 - 12:30	BODYPUMP®	Kuntomaailma Torikeskus	Pia Niemi	
	10-mar	12:45 - 14:00	LES MILLS BARRE™	Kuntomaailma Torikeskus	Janni Lindgren	
	10-mar	14:15 - 16:00	BODYJAM®	Kuntomaailma Torikeskus	Janni Lindgren	
	10-mar	16:15 - 17:45	SH'BAM®	Kuntomaailma Torikeskus	Janni Lindgren	

ESTONIA I

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City	Date	Time	Program	Location	Trainer	Note
TALLINN	08-mar	15:30-17:15	BODYJAM®	Reval Sport	Janni Lindgren	
	09-mar	10:00-11:45	BODYBALANCE®	Reval Sport	Kersti Ojalill	
	09-mar	12:00-13:45	BODYPUMP®	Reval Sport	Siim Kelner	
	09-mar	14:00-15:30	BODYPUMP® 45 min	Reval Sport	Siim Kelner	45 min Express Format
	10-mar	10:00-11:45	BODYCOMBAT®	Reval Sport	Daniel Isaksson	
	10-mar	12:00-13:45	BODYATTACK®	Reval Sport	Daniel Isaksson	

CZECH | SLOVAKIA

City	Date	Time	Program	Location	Trainer	Note
PRAGUE	02-mar	09.00-10.45	BODYPUMP®	Form Factory Vinohradska	Filip Kulstrunk	
	02-mar	11.00-12.45	BODYBALANCE®	Form Factory Vinohradska	Sylvie Smrckova Milanova	
	02-mar	13.00-14.15	GRIT® Series	Form Factory Vinohradska	Filip Kulstrunk	
	02-mar	14.30-15.45	CXWORX®	Form Factory Vinohradska	Sylvie Smrckova Milanova	
	02-mar	16.00-17.45	BODYPUMP®	Form Factory Vinohradska	Veronika Benesova	
BRATISLAVA	03-mar	10.00-11.45	BODYPUMP®	InPulse, Národné Tenisové Centrum	Veronika Benesova	
	03-mar	12.00-13.45	BODYBALANCE®	InPulse, Národné Tenisové Centrum	Sylvie Smrckova Milanova	
	03-mar	14.00-15.45	BODYCOMBAT®	InPulse, Národné Tenisové Centrum	Filip Kulstrunk	

POLAND | ROMANIA

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City	Date	Time	Program	Location	Trainer	Note	
WARSAWA	02-mar	10:00-11:30	LES MILLS GRIT®	Total Fitness Bialoleka	Pawel Jeziorek		
	02-mar	11:45-13:30	BODYPUMP®	Total Fitness Bialoleka	Pawel Jeziorek		
	02-mar	13:45-15:15	LES MILLS BARRE™	Total Fitness Bialoleka	Natalia Litwiniuk		
	02-mar	15:30-16:45	CXWORX®	Total Fitness Bialoleka	Pawel Jeziorek		
	10-mar	8:30-9:45	CXWORX®	Fabryka Formy Rondo ONZ	Paweł Jeziorek		
	10-mar	10:00-11:45	BODYPUMP®	Fabryka Formy Rondo ONZ	Edyta Długa		
	10-mar	10:00-11:45	RPM®	Fabryka Formy Rondo ONZ	Jim Berg		
	10-mar	12:00-13:45	BODYATTACK®	Fabryka Formy Rondo ONZ	Veronica Benesova		
	10-mar	14:00-15:15	LES MILLS SPRINT™	Fabryka Formy Rondo ONZ	Jim Berg		
	10-mar	14:00-15:45	BODYPUMP®	Fabryka Formy Rondo ONZ	Paweł Jeziorek		
	10-mar	16:00-17:45	BODYCOMBAT®	Fabryka Formy Rondo ONZ	Edyta Długa		
	10-mar	18:00-19:45	BODYBALANCE®	Fabryka Formy Rondo ONZ	Natalia Litwiniuk		
	POZNAN	03-mar	08:30-9:45	LES MILLS GRIT®	StepOne Poznan	Szymon Wesolowski	
		03-mar	10:00-11:15	CXWORX®	StepOne Poznan	Szymon Wesolowski	
03-mar		11:30-13:15	BODYPUMP®	StepOne Poznan	Justyna Szarawska		
03-mar		13:30-15:15	BODYCOMBAT®	StepOne Poznan	Szymon Wesolowski		
03-mar		15:30-17:15	BODYBALANCE®	StepOne Poznan	Natalia Litwiniuk		
03-mar		17:30-19:00	SHBAM®	StepOne Poznan	Natalia Litwiniuk		
SOSNOWIEC	09-mar	13:30-14:15	BODYPUMP®	Fabryka Formy	Justyna Szarawska		
BUCHAREST	03-mar	13:00 – 14:15	LES MILLS GRIT®	World Class Romania	Michael Steenhover		
	03-mar	14:30 – 15:45	CXWORX®	World Class Romania	Michael Steenhover		
	03-mar	16:00 – 17:45	BODYPUMP®	World Class Romania	Daniela Cirlig		
	03-mar	18:00 – 19:45	BODYCOMBAT®	World Class Romania	Michael Steenhover		